



# NOVEMBER 2015



NEW!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 COLLEGE APPS DATEBOOK SAVINGS	2 COLLEGE APPS	3 COLLEGE APPS Block get some 2225	4 COLLEGE APPS CALL TEST RETAKE (LUNCH)	5 COLLEGE APPS WAKEUP	6 COLLEGE APPS WAKEUP PIANO 5-8	7 COLLEGE APPS EBLA EVENT Piano 4-7	
8 COLLEGE APPS KEY CLUB EVENT Piano 4-7	9 COLLEGE APPS	10 COLLEGE APPS Chem Test!! Piano 4-7	11 COLLEGE APPS VETERANS DAY hockey practice	12 COLLEGE APPS WAKEUP	13 COLLEGE APPS HAM LIT ESSAY DUE 11:59	14 COLLEGE APPS Violin Recital Piano 4-7	
15 COLLEGE APPS Wakeup Hockey practice Piano 4-7	16 COLLEGE APPS STUDENTS	17 COLLEGE APPS JAPANESE UNIT EXAM Piano 4-7	18 COLLEGE APPS Hockey Practice Wakeup Piano 4-7	19 COLLEGE APPS EL ESTIMABLE DISTRIB. Piano 4-7	20 COLLEGE APPS CALCBC EXAM	21 COLLEGE APPS Date w/ Aubrey Piano 4-7	
22 COLLEGE APPS Violin Practice 9-2 Piano 4-7	23 COLLEGE APPS Performance	24 COLLEGE APPS MID TERM Piano 4-7	25 COLLEGE APPS CORE: Group Project DUE	26 COLLEGE APPS THANKSGIVING DAY	27 COLLEGE APPS COLLEGE APPS MET!	28 COLLEGE APPS DECA EVENT Piano 4	
29 COLLEGE APPS Great America Trip Piano 4-7	30 COLLEGE APPS ART PROJECT DUE	<b>Finals NEXT MONTH!! START STUDYING</b>					

# Verdadera

truthfully

# Editor-In-Chief's Note

Dear Readers,

Did you recognize this cover as a Verdadera issue, or was our title lost in the schedule's flurry of activities and due dates? Have you also lost track of something in your schedule lately?

In the beginning of the school year, we saw petitions in our Facebook feeds to push school back by an hour to align with teenage sleep/wake cycles. At our November issue topic meeting, our advisor noted that much of the buzz came from parents rather than students, and that the district would consider making schedule changes if many students suggested it. We looked around the room and realized, hey, we take opinions and publish them. Seems only natural that a student opinion publication devote some attention to this topic.

We would like to remind everyone that we (editors, staff, and advisor) intend Verdadera to be a widely available, safe platform for anyone to voice any opinion without fear of being harassed or shunned for it. We hope that readers will respect each other's opinions and seek to understand rather than undermine.

Thank you,  
Gloria Zhao & May Cui

P.S. Please do not try to guess who wrote which article.

## Further Resources

**Organize and plan your time/schedule effectively with:** <http://bulletjournal.com/>

**Plan your sleep accordingly with:** <http://sleepyti.me>

**Read about why sleep is so important and vital to your routine:**  
<http://www.nhlbi.nih.gov/health/health-topics/topics/sdd/why>

**Getting Things Done: The Art of Stress-Free Productivity** by David Allen motivates and help strategize your time.

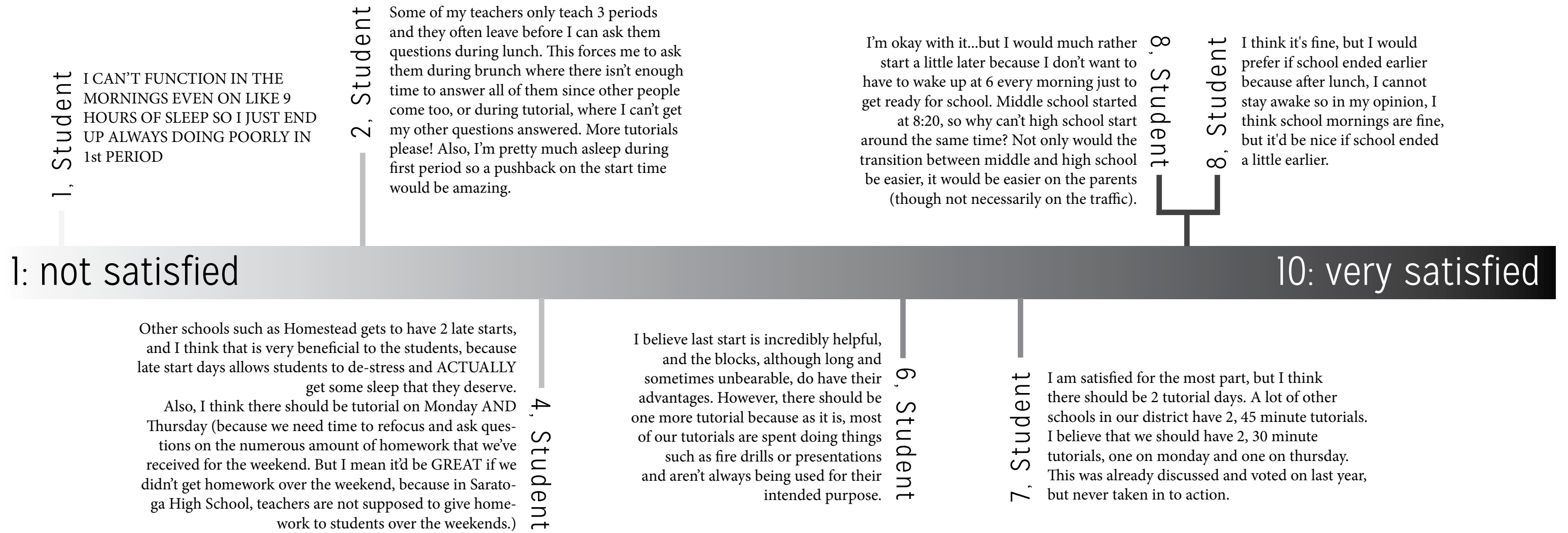
**Use the Pomodoro Technique to get work done well and quickly with:** <http://tomato-timer.com>

**Read a general description about it on Wiki about it:** [https://en.m.wikipedia.org/wiki/Pomodoro\\_Technique](https://en.m.wikipedia.org/wiki/Pomodoro_Technique)

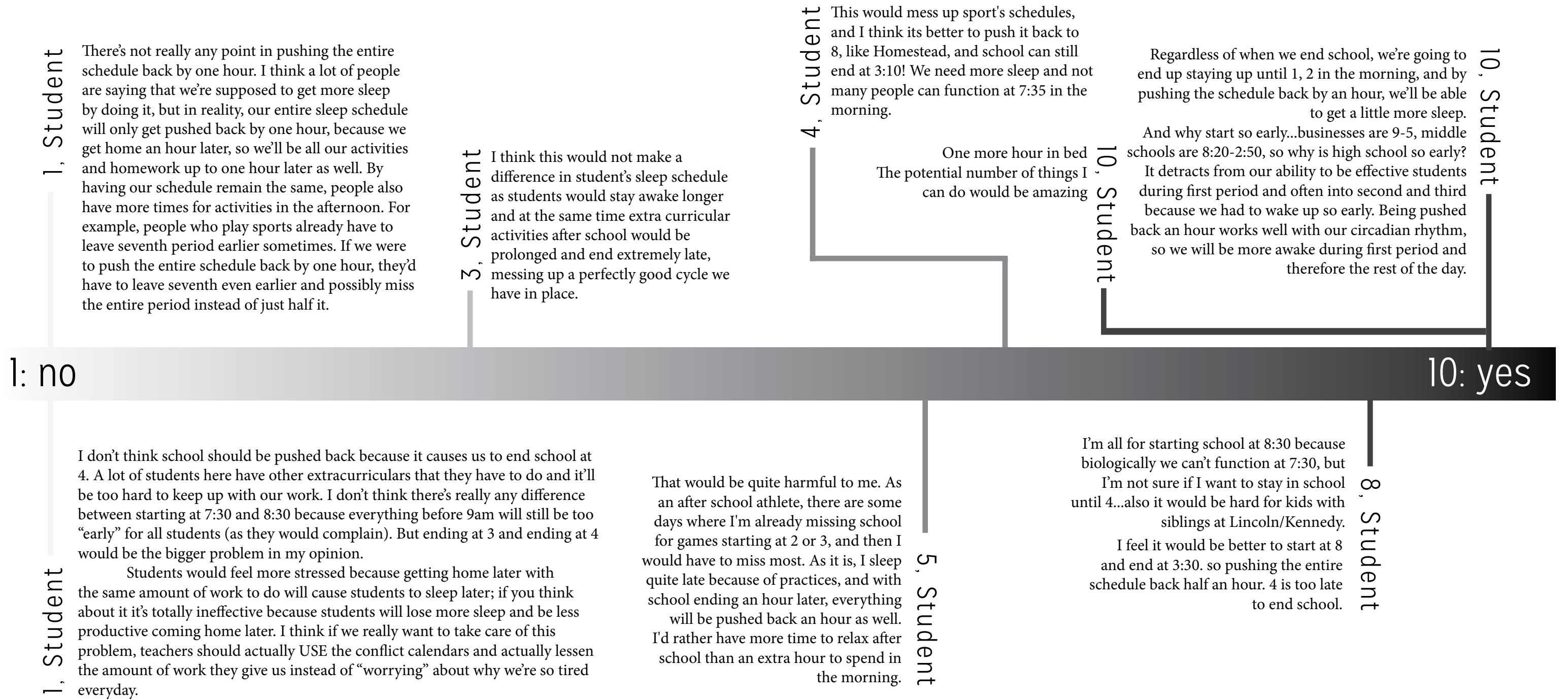
# Monta Vista Bell Schedule

MONDAY / FRIDAY			TUESDAY		
1	7:35 - 8:25	(50)	1	7:35 - 9:10	(95)
2	8:30 - 9:20	(50)	3	9:15 - 10:30	(95)
3	9:25 - 10:15	(50)	<b>BR</b>	10:50 - 11:05	(15)
<b>BR</b>	10:15 - 10:30	(15)	5	11:10 - 12:45	(95)
4	10:35 - 11:25	(50)	<b>L</b>	12:45 - 1:30	(45)
5	11:30 - 12:25	(55)	7	1:35 - 3:10	(95)
<b>L</b>	12:25 - 1:10	(45)			
6	1:15 - 2:05	(50)	WEDNESDAY		
7	2:10 - 3:00	(50)	<b>C</b>	7:35 - 9:05	(90)
			Collaboration - Teachers only Late start for students		
			<b>BR</b>	9:05 - 9:20	(15)
			2	9:25 - 11:00	(95)
			4	11:05 - 12:40	(95)
			<b>L</b>	12:40 - 1:25	(45)
			6	1:30 - 3:05	(95)
			THURSDAY		
			1	7:35 - 8:20	(45)
			2	8:25 - 9:10	(45)
			<b>Tutorial</b>	9:15 - 9:45	(30)
			3	9:50 - 10:35	(45)
			<b>BR</b>	10:35 - 10:50	(15)
			4	10:55 - 11:40	(45)
			5	11:45 - 12:35	(50)
			<b>L</b>	12:35 - 1:20	(45)
			6	1:25 - 2:10	(45)
			7	2:15 - 3:00	(45)
			RALLY		
			1	7:35 - 8:20	(45)
			2	8:25 - 9:10	(45)
			3	9:15 - 10:00	(45)
			<b>R</b>	10:05 - 10:35	(30)
			<b>BR</b>	10:40 - 10:55	(15)
			4	11:00 - 11:45	(45)
			5	11:50 - 12:35	(45)
			<b>L</b>	12:35 - 1:20	(45)
			6	1:25 - 2:10	(45)
			7	2:15 - 3:00	(45)
			FLIP BLOCK DAY		
			2	7:35 - 9:10	(95)
			4	9:15 - 10:50	(95)
			<b>BR</b>	10:50 - 11:05	(15)
			6	11:10 - 12:45	(95)
			Early release for students		

Taken from Monta Vista School Website



How satisfied are you with Monta Vista's current schedule?



How would you feel about pushing the entire schedule back by 1 hour?

**Student**  
**Satisfied With Current Schedule**

While it may not seem like it at first, the Monta Vista schedule perfectly molds into a typical student’s psychological behavior. For example, I often find that I’m more focused during the morning due to the “start-of-the-day effect”, where the renewed feeling of starting anew lengthens my attention span. Conversely, I find that later in the day, my focus begins to detract and my attention span shortens. This is due to the “burning out effect”, where the start effect begins to wear out and I find myself checking the clock on a more common basis. The early schedule also permits me to commit more time to extracurricular activities and also provides more time to “cool down” after school and finish homework. And since the early schedule demands that we arrive to school shortly after waking up, I’m able to more accurately calculate the times that I should fall asleep at.

**Student**  
**Satisfied With Current Schedule**

As a fresh freshman last year, I felt that a free first was a really great addition to my schedule. I felt that with the free first I was not pressed for time to get to school and I could stay up later to finish my homework. Not to mention the Tuesday late starts were pretty great too! I was also able to spend time with my friends before school started to just relax instead of worrying about the test I had in 2 periods, although most of our conversations would lead to that. Overall I felt that the timings of Monta Vista, especially with a free first, really made my first year all the more enjoyable!

***“I love sleep. My life has a tendency to fall apart when I’m awake.”***

**Student**  
**Unsatisfied With Current Schedule**

School starts too early in the morning; it is hard to get up early to get to school.  
Also, for sports, you basically need a free seventh period because many varsity teams start practice at 2:30 and you’ll miss that period so much for games.  
We should have a schedule where we only go to each of our classes 3 days a week for 70 minutes. That way we can take 7 classes with sports, and get enough sleep. (school would go from 8 to 1:45 with a lunch break)

**Student**  
**Unsatisfied With Current Schedule**

Block days are just too long. Makes sense in some classes like science where you do labs, but lots of teachers just play videos to fill the time, and nobody pays attention by the end.

**Student**  
**Unsatisfied With Current Schedule**

We need additional tutorials. Some of my teachers only teach 3 periods and I can't get help from them after school or at lunch. However, if I go ask them during tutorial, I don't have enough time to get help from other teachers. Also, it would be nice if school was pushed back half an hour because I'm pretty much asleep during 1st period ;\_;

**Student**  
**Unsatisfied With Current Schedule**

I appreciate tutorial, block days and rally schedules but I dislike how early our school starts. I feel that school should start around 8 am or so and end at 3:10. Lunch should really only be 30 minutes long on normal days, but thats just my opinion.

**Daily Struggles\***

**Student**  
Literally every single morning is a struggle for me. My mornings are meant to be relaxing but the constraints of the school schedule make me make unhealthy compromises. I wake up “late” everyday and rush into shower, waking up with a really pissed attitude, skipping breakfast, because I have no time to unwind. I bike to school, and I have asthma. Partly because of my time management, I always end up sprinting and I live 3 miles away. By the time I reach school I’m nearly fainting. The first ten min of first period are me catching my breath, wiping my dripping nose, and gulping all the water in my bottle down my throat. The next 20 min are me trying to catch up with everything I missed due to my exhaustion, feeling crappy inside. By lunch I still feel the emptiness inside my stomach because I skipped breakfast, but I don’t feel hungry , just a sense of pain, so I skip lunch too. By the time I’m home I’m exhausted, and end up taking a nap that has no place in my super pack schedule waking up at 3-4hours later. Ruining the rest of my workload causing me to stay up until 1-2 am everyday just to finish it. 7:35, is way too early. It’s affecting my hunger and my sleep patterns. Not good.

***“Better three hours too soon than a minute too late”***

\*titles are created by the Verdadera team

## Online Classes

I'm an old-fashioned learner. Modern techniques for teaching include being more hands-on, doing projects over papers, and pushing group discussions rather than individual work. I, for one, (and probably the only one) absorb the most information from an enthusiastic lecture, with the teacher taking up a topic with us, all sidenotes and long-winded tangents included, and throwing curveball questions at us. But whatever your learning style might be, make sure you understand it before you start thinking about online classes.

The best argument for online classes is that they mold to your schedule and available time. And I definitely see this as a plus point, especially if you need last-minute credits, want a refresher on a subject, or just want to dabble in something new. For example, a friend of mine, now a senior, took a computer science class over this past summer. He's going to be a computer science major, but he hasn't taken an official class in the subject since sophomore year. This is a great use of an online class! It caters to an unpredictable summer schedule (and you don't need to wake up for a 7:35 AM class!), and to someone who already has experience in the area. But can you imagine taking a computer science class for the first time ever, online? You would have an entire new language spewed at you through a screen. How well would a computer be able to understand the nuances of your questions? And when we're talking about CS for the first time, there are going to be a lot of questions! (Personal experience.) Or taking a biology class and trying to understand the difference between Acetyl-CoA and Coenzyme A in the Krebs cycle? (Not sure I can answer this one either.) Or getting advice on how to write a better paper on your novel?

I'm not saying it's impossible, especially if the online class involves access to an actual teacher on the other side of the screen. I'm aware of the many nuances for and against online classes. For me, nothing can really replace being able to talk to other people in my classes, and even more so, my teachers, and hear their input on various topics, especially when it comes to complicated ideas, polarized issues, or just an introduction to something I've never experienced before. All I'm trying to say is, don't choose online classes for the sake of scheduling, because you won't realize the value of your teachers and classmates until you don't have them. — *Gayathri Kalla*

## Schedule Survey Results

**96% of respondents attend MVHS**

**Gender:**

70% Female

28% Male

2% Preferred not to Answer

**What Changes Do You Want in the Schedule?**

68% Want a Delayed Schedule

32% Other

**Cupertino HS**

Regular M T F, Block W Th

17% Like

39% Somewhat

44% Don't Like

**Lynbrook HS**

Regular M, tutorial T F, Block W Th

34% Like

40% Somewhat

26% Don't Like

**Monta Vista HS**

Regular M F, Tutorial Th, Block T W

20% Like

43% Somewhat

38% Don't Like

**Fremont HS**

Regular M, Block+Tutorial T W, Block Th F

24% Like

20% Somewhat

56% Don't Like

**Homestead HS**

Regular M, Block+Tutorial T Th, Block W F

35% Like

35% Somewhat

30% Don't Like

# About Verdadera

Verdadera, meaning “truthfully” in Spanish, is a student-run publication at Monta Vista High School which was initiated by Hung Wei, a Monta Vista parent herself. She envisioned a place where students, alumni, counselors, teachers, administrators, and even parents could freely express their thoughts on the controversial and challenging issues within the Monta Vista community.

The goal of Verdadera is to initiate an honest conversation between parents, students, and everyone overall. It can be hard to come to terms with feelings that students may not directly vocalize or even understand to begin vocalizing; therefore Verdadera serves as a platform to provoke opinions, thinking, and understand the change we all wish to implement.

We collect submissions from students, interview alumni, talk to parents and counselors, professionals, and much more. Verdadera strives to provide a 360 degree view of our reality and we hope you can help us achieve this.

Enjoy reading!

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